



MONTHLY NEWSLETTER



NOVEMBER 2018

THE PEACE OF 'ENOUGH' DURING THE HOLIDAYS

Enjoying the bounty of the season while remembering that more is not always more, is an invitation to a more positive holiday.

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Administrative Assistant

Jim Parsons
Maintenance Supervisor

Bryce Chastain
Maintenance Tech

Daniel Deon
Maintenance Tech

Paul Pollard
Maintenance Tech

Niniea Huffman
Housekeeper

Melissa Gilreath
Executive Director
EHMC

Debra Waters
Operations Manager
EHMC



During this season of bounty, how should we define “enough?” Is there such a thing as enough love? Enough laughter? Enough money? Enough calm?

At first glance, we might be tempted to say, no—those positive things can never be truly fulfilled or completed to the point where we would say, “enough.” But if we reflect more deeply, we can imagine important boundaries that each one of those calls for in a positive, meaningful life.

Believing we can be loved “enough” means trusting the love in our lives rather than always feeling the need to chase or question it.

Laughing with deep, authentic joy is neither possible nor helpful to attempt all the time. If we laugh more than “enough,” we crowd out our other emotions, including the smiles that come from quiet joy more than giggles or guffaws.

While we all strive to better ourselves financially, finding contentment in the resources we have is an important part of living positively. If you still question the idea of “enough” money, just ask lottery winners, whose windfalls are found in multiple scientific studies not to affect overall senses of wellbeing.

Cultivating calm is a lifelong pursuit, but if we never feel calm “enough,” we will never find the motivation to act, to move or to assert ourselves in ways that free us to explore new possibilities for our lives.

This season of Thanksgiving is the perfect opportunity to reflect on the balance between “bounty” and “enough,” both in the contexts of the delicious Thanksgiving foods that we look forward to all year long and the emotional surge many of us experience during the holiday season.

As the Thanksgiving holiday approaches, let’s remember to be grateful for its delicious gifts, but also for the deep peace that comes from knowing how to experience the feeling of being satisfied—knowing how and when to say “enough.”

PABLO HAMLET RESIDENTS' COUNCIL

PRESIDENT'S NOTES

Connie Wendt left the position of President for personal business. We want to thank Connie for her long standing devotion and faithfulness to the Residents' Council. Bonnie Bailey will be Acting President until January.

37 residents were in attendance at October's meeting. Our Site Manager, Charlene, was in attendance as well. The following individuals won prizes at our meeting:

Vivian Simpson – Door Prize; Peggy Dent – Dan The Man Produce Gift Certificate \$5.00; Mable Chandler – Dan The Man Produce Gift Certificate \$5.00

Food and drinks were served. Our Thanksgiving Dinner will be catered this year. This is something new and different, and we hope you will enjoy it. Our Thanksgiving Dinner, Residents' Council Meeting, and Birthday Party dates and times are to be determined, so watch the bulletin boards for more information. I really appreciate your support as the Residents' Council goes through this season of change.

As we head into the holiday season, I hope everyone will approach each holiday with a sense of thankfulness for what we have, hope for our future, and excitement about a new season.

Bonnie Bailey
Acting President

THANKSGIVING DINNER

To Be Determined



MONTHLY RESIDENTS' COUNCIL MEETING

To Be Determined

RESIDENT BIRTHDAY PARTY

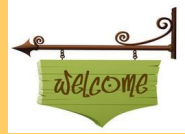
To Be Determined



HAPPY BIRTHDAY FRIENDS

Peggy Johnson Nov. 7

Donald Knight

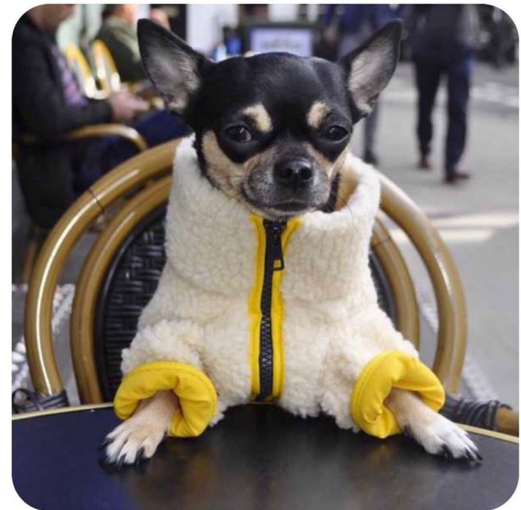


WITH FOND MEMORIES

Evelyn Imbach
Mary Kiska
Tony Vollaro






me as soon as the temperature drops 2 degrees and i feel a little breeze



SUNDAY NOVEMBER 4



~ NOVEMBER 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	2 <u>ONSITE DERMATOLOGY</u> 9:00 AM <u>SIMPLY SHARING</u> 2:00 PM	3
4  Transport To Community Presbyterian Church 10:15 AM	5 <u>PEST CONTROL</u> Apts. 109—117 Apts. 210—218 Apts. 310—318 <u>GAME NIGHT</u> 5:00 PM	6 Election Day <u>CRAFTY CRITTERS</u> 1:00 PM	7	8 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	9 <u>GETTING WIRED</u> 10:00—12:00 Noon	10
11  Transport To Community Presbyterian Church 10:15 AM	12 <u>GAME NIGHT</u> 5:00 PM	13 <u>CRAFTY CRITTERS</u> 1:00 PM	14	15 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	16 <u>GETTING WIRED</u> 10:00—12:00 Noon <u>SENIOR MOMENTS</u> 6:00 PM	17
18 Transport To Community Presbyterian Church 10:15 AM	19 <u>PEST CONTROL</u> Apts. 118—125 Apts. 219—227 Apts. 319—327 <u>GAME NIGHT</u> 5:00 PM	20 <u>CRAFTY CRITTERS</u> 1:00 PM	21 <u>DR. CUNNINGHAM PODIATRIST</u> 9:00 AM	22 <i>Happy</i>  <i>Thanksgiving</i> Office is closed. For maintenance emergencies, call 249-3866.	23 Office is closed. For maintenance emergencies, call 249-3866.	24
25 Transport To Community Presbyterian Church 10:15 AM	26 <u>GAME NIGHT</u> 5:00 PM	27 <u>CRAFTY CRITTERS</u> 1:00 PM	28	29 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	30 <u>GETTING WIRED</u> 10:00—12:00 Noon	

ETC. ETC. ETC.

DAN, THE PRODUCE MAN

EVERY THURSDAY Except Thanksgiving

11:30AM - 12:30 PM

Fresh Fruits and Vegetables

His wife will sometimes make: Boiled Peanuts, Banana Pudding, Pineapple Upside Down cake—And a few other Surprises!

Dan will set up at the Courtyard. If it's raining, he'll set up between the East and West Building under the awning!

See you there!



SIMPLY SHARING

Friday, November 2, 2:00 PM

Please come enjoy some time to just celebrate life and talk about the good things we have to share together. It's great to see more residents joining us and having fun!

We have been talking about all sorts of interesting things.

Heavy Snacks will be Provided

GETTING WIRED

Getting Wired is a program that continues this month on Fridays from 10:00am – 12:00pm. It is being provided by a volunteer who is graciously giving of her time to help us learn how to deal with minor technology issues with our cell phones, tablets, and laptops.

Come with your device and your questions. The program will be held every Friday of the month from 10:00 AM – 12:00 Noon EXCEPT THE 1ST FRIDAY OF THE MONTH AND November 23. Come GET WIRED with us!

			6			1	5	
1			8	5		7		
8			7				3	
6			1					
	3						7	
					5			2
	2				9			3
		9		6	8			7
	1	6			3			

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Daily SuDoku: Thu 18-Oct-2018

medium

I'VE EXPANDED MY SKILLS.

**I CAN NOW FORGET
WHAT I'M DOING WHILE
I'M ACTUALLY DOING IT.**

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4	9	7	6	3	9	2	1	5	8
1	6	3	8	5	2	7	9	4	6
9	2	7	4	1	2	7	3	9	5
2	3	5	9	4	6	8	7	1	1
9	7	1	3	8	5	6	4	2	2
7	2	8	4	1	9	6	5	3	3
3	4	9	6	5	8	2	7	1	7
5	1	6	9	3	7	2	8	4	4

Sudoku Solution

If you took all your DNA, straightened it out, and put it end-to-end, it would stretch to Jupiter and back 10x over.

You are neither small nor insignificant. You're just very well folded.